



Newly inducted NCOs recite the NCO Creed during 8th STB, 8th TSC’s NCO induction ceremony at the Ford Island Aviation Museum, March 6. Each inductee received a copy of the NCO handbook and a certificate.

New NCOs commit to charge of being leaders, role models

Story and Photo by
SGT. GAELN LOWERS
8th Theater Sustainment Command Public Affairs

FORD ISLAND — One by one, they each took those fateful steps that ended with the shaking of hands, trading in their beret for a service cap and being formally recognized as a noncommissioned officers.

Twelve newly promoted sergeants were formally inducted into the ranks of the NCO Corps during the 8th Special Troops Battalion, 8th Theater Sustainment Command’s NCO induction ceremony, at the Ford Island Aviation Museum, here, March 6.

Since the earliest days of the Army, the NCO has been recognized as the one who instills discipline and order within a unit.

Baron Friedrich von Steuben, the Army’s first “drill-master,” listed in his “Regulations for the Order and Discipline of the Troops of the United States” that “each sergeant and corporal will be answerable for the squad committed to their care.

“He must pay particular attention to their conduct in every respect and that they keep themselves and their arms always clean,” he penned. “In dealing with recruits, they must exercise all their patience, and while on the march, the NCO must preserve order and regularity.”

Inductees were accompanied by their supervisors and sponsors who spoke on their

See NCOs, A-4

‘Never Daunted’ Bn. begins pre-deployment training



While assisting her platoon with securing the perimeter, Pvt. 1st Class Pamela Kiker, HHC, 84th Eng. Bn., 130th Eng. Bde., 8th TSC, mans a fighting position at East Range, Schofield Barracks, during the battalion’s FTX for pre-deployment training, March 1.

Story and Photo by
2ND LT ROBERT M. LEEDHAM
84th Engineer Battalion Public Affairs,
130th Engineer Brigade,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — The 84th Engineer Battalion, “Never Daunted,” 130th Engineer Brigade, 8th Theater Sustainment Command, began its pre-deployment training, Feb. 21-March 2, for its upcoming mission in Guam in support of the 30th Naval Construction Regiment.

With a new battalion commander, a command sergeant major and two new company commanders, the “Never Daunted” Bn. took on the challenge of completing its first multi-echelon field exercise of the year spearheaded by its new leadership.

The unit’s objective was to validate the battalion headquarters’ mission command capability and

field sustainment and maintenance operations.

The Headquarters and Headquarters Company, together with the Forward Support Co., established operations at Leader’s Field, here, to certify its new tactical operations center and communications systems.

The first phase of the exercise, the build phase, enabled the battalion staff and both companies to practice, rehearse and refine facilities setup and systems configuration before moving into the austere field phase.

Then, the companies conducted tactical patrol operations and quartering party operations, where Soldiers established a tactical assembly area in East Range, here, and prepared integrated defenses.

“Soldiers were reoriented to subscribe to a

See FTX, A-4

25th CAB turns wrenches with ANA



Spc. Sergio Ortiz (right), wheeled vehicle mechanic, HSC, 209th Avn. Support Bn., 25th CAB, 25th ID, shows Sgt. Mohammad Rajab, mechanic, 205th Corps, ANA, where to remove bolts on the radiator cover of a forklift during a training session on Kandahar Airfield, Afghanistan, March 8.

Story and Photo by
SGT. DANIEL SCHROEDER
25th Combat Aviation Brigade Public Affairs,
25th Infantry Division

KANDAHAR AIRFIELD, Afghanistan — Mechanics with the 209th Aviation Support Battalion, 25th Combat Aviation Brigade, 25th Infantry Division, conducted a maintenance training session with mechanics

from the 205th Corps, Afghan National army, or ANA, at the motor pool, here, March 8.

While the joint maintenance training built upon the skill and experience of Afghan soldiers, they also gained enough experience to eventually perform maintenance

See 25th CAB, A-7

643rd Eng. Co. gains valuable training during Cobra Gold mission in Thailand

Story and Photo by
1ST LT. LAURA BETH BEEBE
643rd Engineer Company, 84th Eng. Battalion,
130th Eng. Brigade,
8th Theater Sustainment Command

PAKTONGCHAI, Thailand — An 8th Theater Sustainment Command unit has built a school, here, in support of Cobra Gold 2012.

Cobra Gold is an annual international multi-lateral training event that focuses on joint peace-keeping operations.

The 25 Soldiers from 2nd Platoon, 643rd Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade, built the three-room schoolhouse as part of Cobra Gold’s humanitarian civic action mission. The Soldiers also constructed a four-stall latrine complete with a septic system.

The project was completed five days ahead of schedule and more than \$10,000 under budget.

“Being able to get off the island and work on a



Spc. Dana McNulty (standing) and Sgt. Nick JeanPierre, both plumber pipe fitters with 2nd Platoon, 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, work with Thai plumbers to install pipes for the sinks behind the four-stall restroom during Cobra Gold 2012.

See COBRA GOLD, A-6

Customer service | A-3

IMCOM commander stresses the importance of providing world-class service to families and Soldiers.

8th TSC crest | A-5

Hamilton Field gets a new feature.



FMWR cuts | B-1

Program and facility changes take effect April 1.

Beach cleanup | B-2

Soldiers volunteer to support the Dive Against Debris and Beach Cleanup at Makaha Beach Park.

We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army or- ganizations, announcements from the general public about community events of interest to the military community, and let- ters and commentaries.

If you have newsworthy ideas or stories you'd like to write, co- ordinate with the managing edi- tor at 656-3156, or e-mail editor@ hawaiiarmyweekly.com.

The editorial deadline for ar- ticles and announcements is the Friday prior to Friday publica- tions. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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70 days since last fatal accident

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TOP COP

Domestic violence has no place in the Army

COL. LA'TONYA D. LYNN

Commander, 8th Military Police Brigade, 8th Theater Sustainment Command, and Director, Directorate of Emergency Services, U.S. Army Garrison-Hawaii

Welcome to Top Cop. The goal of this monthly column is to provide crime data to our military com- munities throughout U.S. Army Garri- son-Hawaii and to increase awareness, which will aid in crime prevention.

The Directorate of Emergency Ser- vices, USAG-HI, uses crime statistics to determine patrol distribution and to maintain safety and security with- in our communi- ties.

There have been a large num- ber of domestic assaults reported within USAG- HI's area of oper- ations, or AORs.

According to USAG-HI Policy 8, "Viol- ence against a spouse is contrary to the values and standards of the U.S. Army."

Spousal abuse is a community issue that requires a consistent and coordi- nated community response. This policy pertains to anyone, to include visiting civilians, family members and contrac- tors who live, work or visit an Army in- stallation or facility in Hawaii.

There is zero toleration for domestic violence. The best tip during a heated ar- gument is to take a second and breath. Leave the house and take a walk or sepa- rate from the argument by going into another room.

Another instigator for domestic vio- lence is alcohol, which causes irrational thinking and emotional arguments. The best way to prevent domestic violence in this case is to drink responsibly.

When a service member is the offend-



Lynn

Crime Statistics

USAG-HI's DES uses crime statis- tics to determine patrol distribution and to maintain safety and security within our communities. From Feb. 1-29, the Schofield Barracks Provost Marshal Office, or PMO, reported a to- tal of 303 cases for both AORs. A listing of these cases follow.

Report any suspicious behavior or witnessed criminal acts to law enforce- ment personnel at Schofield Barracks at 655-7114 or at Fort Shafter at 438-7114.

Assaults

Those involving alcohol: 1
Service members apprehended: 18
Family members apprehended: 11

Larcenies

Unsecured/unattended: 20
In housing area: 27
In public area: 15

Traffic accidents

Involving injuries: 2
Damage to property: 24

Driving under the influence

Service members apprehended: 14
Family members apprehended: 2
Civilians apprehended: 1

Traffic citations

Traffic citations that were issued during this time period in both AORs follow:

Cell phone violations: 20
Speeding violations: 115
Failure to stop as posted: 56
No insurance: 27
Expired safety inspection: 174
Parking violations: 32
Improper turns: 4
No vehicle registration: 7
Failure to register: 15
Driving without a license: 24
Expired registration: 63
Defective equipment: 18
No seatbelt: 9
Suspended driver's license: 13
Failure to use turn signal: 11
Open container: 3
Excessive noise: 5

Expired license: 5
Crossing double yellow line: 4
Impeding traffic: 8
Failure to display front license plate: 4
Driving with earphones in: 1
Duty to report upon striking: 2
Following too closely: 4
Abandoned vehicle: 13
Disregarding a traffic control device: 30
Failure to yield right of way at intersection: 2
Prohibited blue lights: 4
Parking violations: 151
Failure to display safety sticker: 4
Fraudulent use of license plates: 1
Defective license plate: 1
Delinquent vehicle tax: 1
Unsafe movement: 1
Inattention to driving: 1

Pet Citations

Failure to control pet: 4
Not providing water for pet: 1

hour separation for verbal disputes that have gained the attention of the mili- tary police/Department of the Army civilian police.

For dual military cases, the offending Soldier will be placed in the barracks for 72 hours, and the victim will remain at the residence. If both individuals are offenders, the primary offender will be removed.

All domestic cases that reach the MP blotter report will be seen by Social Ser- vices. During and after a 72-hour period, Social Services will advise the comman- der of any steps that need to be taken to prevent a reoccurrence.

When children are involved, the in- terest of the child will always take precedence.

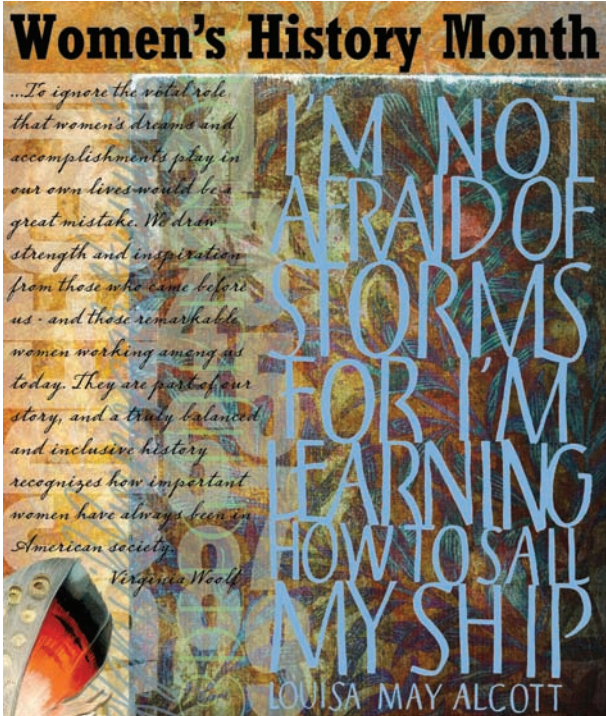
Our No. 1 goal continues to be to pro- vide safe and secure installations for all who live, work and visit. The safety and se- curity of our installations is everyone's responsibility.

Gate Changes

Due to concerns from residents, the gate changes that were to be put in place for Aliamanu Military Reserva- tion, Red Hill, Patch and Hale Koa gates will not be instituted. All current gate hours will remain in effect.

We need our residents to be aware, to be involved in their communities and to report suspicious activities to the MPs and DACP. We all can continue to make USAG-HI a safe and secure installation.

MOVING HISTORY FORWARD



Women's Education- WOMEN'S EMPOWERMENT

Defense Equal Opportunity Management Institute

WASHINGTON — The graphic elements chosen for the 2012 Women's History Month poster, above, are quotes from Virginia Woolf, referencing women's worth in American society, and from Louisa May Alcott, on overcoming adversity.


This year's theme is "Women's Education - Women's Empowerment." The floral wallpaper and feather were chosen to signify growth through education and limitless opportunity due to empowerment.

Women have served in the U.S. Army since 1775. They nursed the ill and wounded, laundered and mended clothing, and cooked for the troops in camp, services that did not exist among the uniformed personnel within the Army until the 20th century.

Women are an invaluable and essential part of the Army. Currently, women serve in 91 percent of all Army occupations and make up about 14 percent of the active Army.

Women continue to perform a crucial role in contingency operations, and their sacrifices in this noble effort underscore their dedication and willingness to share great sacrifices.

(Editor's Note: Information compiled from Army news releases and Army News Service.)



God wants us all to live a full life

CHAPLAIN (CAPT.) RONALDO D. PASCUA
Strong Bonds Chaplain, U.S. Army-Pacific

The Lord said that he came to give us life, and that we should live that life to the fullest. When I think of a full life, I think of the "Promised Land."

The Promised Land is the kind of life God desires his people to have here on earth. It is the promise of God to meet our need and to bless us abundantly.

Some might think of the Promised Land as a picture of heav- en, but when we get to heaven, there will be no giants to fight, walls to break down or battles to be won. The Promised Land is a picture of the abun- dant life we have now.

In Scripture, God took his people out of bondage in Egypt. God parted the Red Sea and guided his people through the wilder- ness with a pillar of cloud by day and pillar of fire by night.

He provided heavenly bread, water from a rock and quail to fly in for dinner. He made their clothes and sandals last for 40 years in the wilderness. Then, God finally brought them to the place he wanted them to be: the Promised Land at Canaan.

There was one problem. The Jordon Riv- er was at flood stage.

Have you ever felt that God has a bad sense of timing for your life? Has he provid- ed for you and guided you through your wilderness, but then, once you arrived where you thought you should be, found a major obstacle in your way?

You expected this great thing to happen, but were met with disappointment. Your dreams burst, and your hopes were dashed. The name Jordan means to bring down

or pull down. When you are disappointed, you get down or depressed. The enemy may have put a Jordan in the way of your Promised Land to pull you down.

Realize that God may have allowed the obstacle or disappointment to happen. The trying of your faith, you see, produces en- durance.

God allows disappointments and diffi- culties in your life to build character.

When you see the flood in front of you, you may have the tendency to focus on it, grumble and complain. Instead, with eyes of faith, look beyond that thing that wants to pull you down. See that there is a harvest up ahead.

As the Israelites prepared themselves, they had faith that God would come through for them. God parted the Jordan River en- abling them to walk across on dry ground and enter their Promised Land.

Trust God and take a step of faith to re- ceive all the blessings God has for you.

National Prayer Breakfast

U.S. Army-Pacific will host a Na- tional Resiliency Prayer Breakfast for Hawaii-based Soldiers and Department of Defense civilians, 9:30-11 a.m., March 21, at the Nehelani, here.

Soldiers can contact their unit chap- lains for free tickets.

"Resiliency of the Spirit" is the theme of this year's event," said Chaplain (Lt. Col.) Jose Rodriguez, deputy chaplain, U.S. Army Garrison-Hawaii. "It is a timely top- ic as we reflect how resiliency is the war- rior spirit that enables us to persevere."

Rev. Clayton Ko, senior pastor, Red Hill Assembly of God, will serve as guest speaker.

Call 655-1204 or email heather.j.simon@us.army.mil for more details.

Voices of Ohana

Other than your mother, name an influential woman you admire and why.

Photos by 8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command



"My old supply sergeant. She's a woman of God, kind, wise, strong and exemplifies all it means to be a woman."

Staff Sgt. Ivonne Caldera
HHC, 8th MP Bde., 8th TSC



"Rebecca Myers. She invited me into the church and has been like a grandmother to me."

Pvt. Jacob Hargitt
HHC, 8th MP Bde., 8th TSC



"My grandmother. She was a sharecropper in the deep south, and she would humble us by taking us out with her."

Sgt. Joseph Moses
HHC, 8th MP Bde., 8th TSC



"My first grade teacher. She put up with 25, 6-year-olds, including myself, for very little pay."

1st Lt. Katie Sobotta
HHC, 8th MP Bde., 8th TSC



"My aunt. She was a very strong, well-educated and a cultured woman."

Sgt. Jason Stefanovich
HHC, 8th MP Bde., 8th TSC

From the Army’s Home Front

IMCOM has world-class customer service, support

LT. GEN. MICHAEL FERRITER
Commander, Installation Management Command

Every day across our installations, members of the Installation Management Command team are working hard to provide world-class customer service and make it a great day to be a Soldier, family member or Army civilian.

“Just imagine the impact this customer service had on the retiree’s family. They returned to the office to tell Quade in person what a big difference it made in their lives.”

— Lt. Gen. Michael Ferriter
Commander, IMCOM

Wis., ID card office to renew his card. Ken Quade, a separation and retirement services specialist, noticed the retiree needed a different kind of card, and he was not receiving all the benefits he should be.

Quade could see the customer needed help, so he took corrective action. Incredibly, with Quade’s help, the retiree was eventually able to recover more than \$41,000 in back pay and receive other benefits he had earned.

Just imagine the impact this customer service had on the retiree’s family. They returned to the office to tell Quade in person what a big difference it made in their lives.

We at IMCOM are charged with delivering the majority of installation services and Soldier and family programs, and we know that a crit-



A prime example is when a 71-year-old retired sergeant first class visited the Fort McCoy,

ical element of service delivery depends on our people.

World-class customer service depends on making connections with customers across the counter — listening to them, working to find solutions and saying thank you.

It doesn’t cost a penny to make someone feel like a million dollars. It does, however, take a commitment to serve and provide leadership at every level.

Our focus on customer service is a promise of predictable service. It is a promise that customers will always be treated with courtesy, respect and an attitude of let’s-make-this-work.

We can see many other great examples of customer service across IMCOM. There’s Carol Pryer, a Survivor Support coordinator with the Florida Army National Guard, who, with great persistence and compassion, has built a strong network for our most revered members — Army survivors.

Or Robin Greene at Fort Sam Houston, Texas, who has worked hard to streamline the process for providing housing for Soldiers with medical needs. Or Jessica Zagelow, director,

Family Child Care, at Fort Bliss, Texas, who goes above and beyond for children who need extra care.

Or Nick Overstake and Pat Fielder at Campbell Army Airfield, Ky., who came in Christmas Day to repair runway lights and make sure a flight with redeploying Soldiers could land.

There are way too many great examples to name them all, and to that I say, “Go Team!”

Thank you IMCOM personnel, for setting the standard for customer service. I am extremely proud of our team and what you do for Soldiers, families and civilians every day.

And thank you to our customers for your feedback.

Keep sending us those Interactive Customer Evaluation, or ICE, comments at <http://ice.disa.mil/>.

Visit IMCOM’s Facebook page at www.facebook.com/InstallationManagementCommunity, and tell us about our team members who deliver excellent customer service.

We want to know how we can improve, and just as much, we want to hear about our stars.

Army strong!

USACE-HD awards contracts



U.S. ARMY CORPS OF ENGINEERS-HONOLULU DISTRICT PUBLIC AFFAIRS
News Release

FORT SHAFTER — The U.S. Army Corps of Engineers-Honolulu District recently awarded contracts for phase one of U.S. Army-Pacific’s Command and Control Facility and for a new Child Development Center, here.

The contract issued for the multi-phased construction of USARPAC’s future headquarters was awarded to Niking Corporation, Wahiawa, for \$46,780,000.

The performance period is 750 calendar days.

For this contract, the sealed bidding procurement method was used, and 10 bids were received.

The contract for the new CDC, for children between the ages of 6 and 10, was awarded to 57 Builders, Ltd., Honolulu, for \$9,573,118.

The facility will include a computer lab, homework center, activity rooms, demonstration/teaching kitchen, a multipurpose room for fitness and sports, and a controlled entry area.

Other amenities include an outdoor play area with age-appropriate child development equipment, safety surfacing and fencing. Work will include installation of video monitoring, and alarm and intercom systems for safety. Air conditioning will be provided by a self-contained system.

This contract was set aside for small business and used the sealed bidding procurement method; 13 bids were received.

The performance period for the construction is 630 calendar days.

FMWR reprioritizes program, services funds



Mulbury

Notice to the community,

As many of you have seen on the television or read in newspapers, the Department of Defense and the U.S. Army are experiencing funding reductions.

As a directorate within the Army, Family and Morale, Welfare and Recreation was not immune to the budget reductions. The FMWR operating budgets were reduced 27 percent, or \$3.2 million, from previous years funding levels, and program changes were required.

In efforts to reach the budget decrements, under the guidance of the senior commander, FMWR spent countless hours analyzing the organization to identify redundancies and eliminate duplication of efforts in order to gain efficiencies. Our team reviewed usage of programs and services, outputs, expenditures and deliverables against Army baseline standards, as well as core program requirements.

As part of this review, we identified several efficiencies and have begun realignments to streamline processes and programs. Unfortunately, the internal efficiencies identified did not gain enough savings to reach the budget reductions.

As part of the senior commander’s guidance, more than 50 potential courses of actions were developed regarding the various programs that focused on minimizing the impacts to the community and the staff. These were presented to our major subordinate commands for input into the decision-making process.

Several commands provided us valuable feedback as to which courses of action to consider, and which programs were of importance. The decision making was not done in a vacuum or behind closed doors, and final decisions have been determined.

FMWR is committed to providing outstanding, quality of life services and programming to the U.S. Army Garrison-Hawaii community. FMWR will begin to reduce some programs and services offered, reduce hours of operation, and some fees will be reinstated. The good news is that very few programs were eliminated completely.

We do recognize that many in the community may not embrace the changes at first, but we tried to continue offering the same type of programming options in both the north and the south communities.

Due to the geographic nature of numerous installations that make up USAG-HI, one may just have to drive a few extra miles then they have in the past. We fully understand this may not be as convenient as it has been in the past; hence, we need to focus on resiliency and enjoy the programming still offered.

The FMWR staff have also been impacted by these changes and any frustrations experienced should not be directed at them.

FMWR will begin placing advertising materials in the programs and will continue to inform the community of the new operating hours and standards. Many of the changes will begin implementation, April 1.

For a complete listing, please visit www.HIMWR.com.

As we move forward, we need to focus on being resilient and overcome any challenges we may face in the near future. I would personally ask that we all remain optimistic and together we will get through these times.

Thank you for all you do, each and every day in support of this great nation.

RELATED STORY

- See B-1 for a listing of impacted FMWR programs.

Douglas S. Mulbury
COL, INF
Commanding

DEPLOYED

FORCES

‘TF Rugged’ Soldiers renew commitment to service



Courtesy Photo

Maj. Gen. William Rapp (left), commander, Support Operations, U.S. Forces-Afghanistan, awards the Purple Heart to Spc. Maximillian Shaal, wheeled vehicle mechanic, 95th Eng. Co., 65th Eng. Bn., 130th Eng. Bde., 8th TSC, March 3. Immediately following this ceremony, Shaal re-enlisted.

CAPT. JARED P. MYERS
14th Engineer Battalion, 555th Eng. Brigade

CAMP LEATHERNECK, Afghanistan — Selfless service and an uncommon sense of duty took the form of 86 raised right hands, as the oath of re-enlistment was read to “Task Force Rugged” Soldiers, here, March 3.

“Duty, honor and country,” said Lt. Col. John Buck, commander, 14th Engineer Battalion, TF Rugged, 555th Eng. Brigade, during the ceremony. “That spirit courses through the veins of each one of these Rugged Soldiers.”

Nowhere was that spirit more evident than in the actions of Spc. Maximillian Shaal, wheeled vehicle mechanic, 95th Engineer Company, 84th Eng. Battalion, 130th Eng. Bde., 8th Theater Sustainment Command, based out of Schofield Barracks.

Shaal was one of six TF Rugged Soldiers awarded the Purple Heart in a ceremony before the re-enlistment.

Less than half an hour later, he raised his right hand and swore an oath, recommitting himself to service in the Army.

Successfully gathering most of the “Rugged 100” at a central location proved to be a challenge of its own.

For the past eight months, the 1,200-troop battalion has been finding and clearing deadly improvised explosive devices, or IEDs, from local roads

before the IEDs could endanger their intended victims.

Effective coverage of these roads means decentralization of the battalion across three Regional Commands in southern Afghanistan, an area roughly the size of Washington state.

Ensuring this critical mission remained unaffected by the ceremony required months of planning, dozens of personnel substitutions and thousands of miles in travel.

Initial preparations began six months before the first contract was signed, due to mission constraints. Even so, 40 Soldiers of a total 126 Soldiers, swore their oaths from remote bases.

“Very rarely has one battalion been able to re-enlist more than 100 Soldiers on one day,” said Sgt. 1st Class Jammy Tighe, battalion career counselor, 14th Eng. Bn. “That’s an astronomical feat.”

Of the 126 Soldiers who re-enlisted, 12 received the Purple Heart, for wounds sustained during this deployment; 26 earned the Combat Action Badge, with several more pending its award for recent combat action.

TF Rugged is composed of companies from the 14th Eng. Bn., 555th Eng. Bde., Joint Base Lewis-McChord, Wash.; the 576th Eng. Co., 4th Eng. Bn., Fort Carson, Colo.; the 509th Eng. Co., 5th Eng. Bn.; Fort Leonard Wood, Mo.; and the 95th Eng. Co., 65th Eng. Bn., 84th Eng. Bn., 130th Eng. Bde., 8th TSC.

NCOs: News leaders emerge

CONTINUED FROM A-1

behalf and introduced them before being formally recognized.

“As you approach the point of your transition, your sponsor, an NCO senior to you, assumed their position of leadership, which is the position on your right,” said Sgt. 1st Class David Wheeler, NCO in charge, 8th TSC Public Affairs, and ceremony narrator. “This implied that there is forever present the guidance, wisdom and mentorship of those who have walked this way before you.”

Command Sgt. Maj. Karl Schmitt, senior enlisted leader, Installation Management Command-Pacific, and 27-year member of the NCO Corps, addressed the group. He talked about what it meant to be a good leader and that, sometimes, the mission will contradict itself.

“Good leadership, like everything else, requires work,” Schmitt said. “Conduct yourself professionally at all times. People are watching and you are a role model whether you want to be or not.

“I will tell you now that your two basic

responsibilities will collide: accomplishment of your mission and the welfare of your Soldiers. One will never take priority over the other, but you must decide on that order.”

Schmitt went on to say that being an NCO has been a great and wonderful journey, filled with hardships and blessings alike, and one that he would make again if given the choice.

“I can honestly say that being an NCO has been filled with many challenges, and much frustration, but it has also provided me with a great satisfaction of doing a job that is without equal,” Schmitt added.

“Being a leader is more than a position or title that you hold. Being a leader is an honor that you earn, not from taking a test or graduating a school or even being promoted. Being a leader is a mind set you must develop, not only in yourself, but in your subordinates, as well,” Schmitt explained.

Each inductee received a copy of the NCO handbook and certificate during the ceremony.

CONTINUED FROM A-1

“back to basics” mentality,” said 1st Sgt. Jerald Sandberg, first sergeant, HHC. “We were focused on achieving proficiency in our tactical operating procedures and multi-echelon command and control through a series of collective and individual tasks.”

During the exercise, Soldiers worked day and night to secure the perimeter and build the battalion’s mission command and field sustainment operations. In the process, they enhanced their field craft by working in the muddy terrain, which proved especially challenging for the multi-ton vehicles.

Platoon leaders and platoon sergeants implemented sleep rotations to maintain constant security and productivity on the line. Soldiers took shifts fending off a fictitious enemy named “PAD-A,” who continually probed and harassed the perimeter with simulated indirect and small arms fire.

Simultaneously, the unit ran 24/7 patrol operations, completing logistics op-

erations, engineer reconnaissance missions and construction support operations.

“Leaders and Soldiers were challenged with executing tasks in a field environment where fatigue and weather played an immense role on Soldier performance and morale,” said Capt. Maurice Harford, commander, FSC. “There truly is a difference between getting work done at the motor pool and running 24 hour operations in the field. The combat scenario allowed me a unique opportunity to gauge both our strengths and weaknesses.”

The validation of the battalion’s mission command and sustainment capabilities laid the groundwork for the next step in the pre-deployment training to take place at Pohakuloa Training Area, on the Big Island, in April and May.

The battalion will execute its deployment certification exercises in September and October followed by vertical and horizontal construction cross training, as well as project management and quality assurance skills development.

643rd Eng. Co. completes 8th TSC crest on Hamilton Field

Story and Photos by
2ND LT. ROBERT M. LEEDHAM
84th Engineer Battalion Public Affairs, 130th Eng. Brigade,
8th Theater Sustainment Command

SCHOFIELD BARRACKS — If you’ve passed by Hamilton Field, here, recently, you may have noticed Soldiers in hard hats working at the center of the grassy field.

Sparked by a request from the 8th Theater Sustainment Command, the 643rd Engineer Company, 84th Eng. Bn., 130th Eng. Bde., 8th TSC, began work on one of its newest assignments: a concrete pad displaying the 8th TSC crest.

The crest will serve as a parade marker.
The 643rd Eng. Co. started the project after the 142nd Concrete Detachment, 84th Eng. Bn., finalized its designs for the concrete pad.
The Soldiers had a chance to work with formwork, concrete laying materials and finishing tools, honing their technical skills as they prepare for upcoming missions beyond Oahu.
The result was a 16-foot by 11.5-foot concrete shield-shaped pad, placed on the center of the field.
After the 643rd Eng. Co completed the concrete struc-



The 16-foot by 11.5-foot 8th TSC crest, above, serves as a parade marker on Hamilton Field, Schofield Barracks.

ture, a contractor finished the pad.
“I am very proud of my project manager, Sgt. Christopher Susan, and the efforts of his team of Soldiers during all phases of the mission,” said 1st Lt. Billy Thomson, platoon leader, 643rd Eng. Co. “Construction was challenging due to the irregular shape of the concrete pad, but very rewarding in the end, since the 8th TSC parade marker will be a focal point for many important ceremonies on Hamilton Field in the future.”



Soldiers of the 643rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, lay concrete as part of the effort to complete a new 8th TSC crest on Hamilton Field, Schofield Barracks. The crest received its final touches from civilian contractors.

Geotagging poses security risks for service members

CHERYL RODEWIG
Army News Service

FORT BENNING, Ga. — Is a badge on Foursquare worth your life?

The question was posed by Brittany Brown, social media manager, Online and Social Media Division, Office of the Chief of Public Affairs.

It may sound outlandish, but in the age of social geotagging, losing your life can be a reality.

There are a number of location-based, social media applications and platforms, including Foursquare, Gowalla, SCVNGR, Shopkick, Loopt and Whrrl currently on the market. They use GPS features typically in the user’s phone to publish the person’s location and offer rewards in the form of discounts, badges or points to encourage frequent check-ins.

However, these check-ins pose security risks for the military.

“Soldiers should always be aware of the dangers associated with geotagging, regardless of where they are.”

Staff Sgt. Dale Sweetnam
Online and Social Media Division, Office of the Chief of Public Affairs

For example, a deployed service member’s situational awareness includes the world of social media. If a Soldier uploads a photo taken on his or her smartphone to Facebook, he or she could broadcast the exact location of the unit, said Steve Warren, deputy of intelligence for the Maneuver Center of Excellence, or MCoE, here.

“Today, in pretty much every single smartphone, there is built-in GPS,” Warren said. “For every picture you take with that phone, it will automatically embed the latitude and longitude within the

photograph.” Someone with the right software and the wrong motivation could download the photo and extract the coordinates from the metadata.

Warren cited a real-world example from 2007. When a new fleet of helicopters arrived with an aviation unit at a base in Iraq, some Soldiers took pictures on the flightline, he said. From the photos that were uploaded to the Internet, the enemy was able to determine the exact location of the helicopters inside the compound and conduct a mortar attack, destroying four of the AH-64 Apaches.

Staff Sgt. Dale Sweetnam, Online and Social Media Division, said geotagging is of particular concern for deployed Soldiers and those in transit to a mission.

“Ideally, Soldiers should always be aware of the dangers associated with geotagging, regardless of where they are,” he explained.

General hazards for family members

While especially relevant for those in the military, cautions about geotagging extend to anyone who uses that feature.

Facebook is in the process of rolling out its “Timeline,” a new layout that includes a map tab of all the locations a user has tagged.

“Timeline presents some unique security challenges for users who tag location to posts,” Sweetnam said. “Some of those individuals have hundreds of ‘friends’ they may never have actually met in person. By looking at someone’s map tab on Facebook, you can see everywhere they’ve tagged a location.

“You can see the restaurants they frequent, the gym they go to everyday, even the street they live on if they’re tagging photos of their home,” he continued. “Honestly, it’s pretty scary how much an acquaintance that becomes a Facebook ‘friend’ can find out about your routines and habits if you’re always tagging location to your posts.”

Most of the applications let people limit who can see their check-ins to friends or friends of friends.

“A good rule of thumb when using location-based social networking applications is do not become friends with someone if you



haven’t met them in person,” Sweetnam said. “Make sure you’re careful about who you let into your social media circle.”

Even if there is nothing classified about an individual’s location, a series of locations posted online during the course of a month can create a pattern that criminals can use.

“We live in a different world now,” Warren said. “If someone were going to get a hold of your phone, they could figure out a lot about who you are.

“It’s like a beacon that’s always out there communicating with towers and plotting your moves on a computer somewhere,” he added. “Literally, if you don’t turn off that feature on your phone people are going to be able to recreate your whole day.”

Ways to stay safe

“In operations security, we talk about the adversary,” said Kent Grosshans, operations security officer, MCoE. “The adversary could be a hacker, could be terrorists, could be criminals — someone who has an intent to cause harm. The adversary picks up on pieces of information to put the whole puzzle together.”

Grosshans suggests disabling the geotagging feature on your phone and checking your security settings to see who you’re sharing check-ins with.

“If your husband’s deployed, and you go ahead and start posting all these pictures that are geotagged, now not only does an individual know your husband’s deployed and he’s not at home, but they know where your house is,” he said.

Ultimately, geotagging is about weighing the risks.

“Do you really want everyone to know the exact location of your home or your children’s school?” Sweetnam said. “Before adding a location to a photo, Soldiers really need to step back and ask themselves, ‘Who really needs to know this location information?’”

Grosshans said it’s as important to Soldiers as to family members.

“Be conscious of what information you’re putting out there,” he said. “Don’t share information with strangers. Once it’s out there, it’s out there. There’s no pulling it back.”

Cobra Gold: Mission enables Soldiers to showcase abilities, hone MOS’s

CONTINUED FROM A-1

project that utilizes all (military occupation specialties), concurrently, does not happen every day, so it is a huge opportunity for a lot of the Soldiers to showcase their capabilities and allows them the ability to immerse in training in their selected MOS,” said Sgt. 1st Class Thomas Hodge, 643rd Eng. Co. platoon sergeant and noncommissioned officer in charge of the

project. The Ban Lum Ngoen School, here, will also benefit greatly from the building as it plans to expand the student size from 123 to 210.

“We are so thankful to have the Americans (come) to our village and help the people of Nakon Ratchasima,” said “Joe,” principal of the Ban Lum Ngoen School, during the thank-you celebration put on by the local village. “The (way) you

have worked with the Thai soldiers helped to (construct) this building very fast, and it will serve the people of this country well for years to come.”

The project was invaluable training for the Soldiers, and leaders gained valuable lessons in working with other cultures.

Cobra Gold, and exercises like it, gives junior lieutenants and seasoned NCOs the experience of working alongside partner nations in a noncombat environment.



Photos by Sgt. Trey Harvey | 55th Signal Company Combat Camera

KUNAR PROVINCE, Afghanistan — Soldiers of 2nd Battalion, 35th Infantry Regiment, “Task Force Cacti,” 3rd Brigade Combat Team, 25th Infantry Division, and counterparts of the Afghan National army, halt while marching in the Bargay valley, here, Feb. 25.



Capt. Matt Webb, 2nd Bn., 35th Inf. Regt., TF Cacti, 3rd BCT, 25th ID, reviews grid coordinates on his map.



Soldiers of 2nd Bn., 35th Inf. Regt., TF Cacti, 3rd BCT, 25th ID, provide security on top of a mountain.



Soldiers with 2nd Bn., 35th Inf. Regt., TF Cacti, 3rd BCT, 25th ID, carefully climb down Ranger Mountain, while on a mission.

25th CAB: Joint mechanic training sessions continue to build rapport

CONTINUED FROM A-1

independently.
“It is really good to work with the coalition forces,” said Afghan Sgt. Mohammad Rajab. “I get the experience I need to complete the tasks successfully from these training sessions.”
During this training session, Rajab and Afghan Pvt. Monwar got hands-on experience with forklift cooling systems while working to re-

place the fuel injector pump.
“Since the 25th CAB started this training with 205th Corps mechanics, they have improved considerably,” said Capt. Andrew Schlaf, commander, Headquarters Support Company, 209th Avn. Support Bn. “The mechanics had the knowledge to perform certain tasks; we aid them in applying the knowledge, so they gain the experience needed to contin-

ue their own operations.”
The first day of training is the conceptualization of the different systems on multiple vehicles.
The intent is to have ANA mechanics visualize or troubleshoot the vehicle as a whole and not just a specific section or system.
The second day is the check-on learning when ANA mechanics apply what they learned

using the hands-to-brain concept.
“While working with coalition forces, I have the opportunity to learn something new each day,” Rajab said. “Not only do I learn something from them, but they learn something from us, too, in each session.”
The training event was one more step toward building confidence and independence in the soldiers of the Afghan army.

BREECHING DOORS



Sgt. Daniel K. Johnson | 2nd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — Sgt. 1st Class Christopher Lum (right), 66th Engineer Company, 2nd Brigade Combat Team, 25th Infantry Division, helps Petty Officer 2nd Class Patrick Agin, sonar technician, USS Chosin, U.S. Pacific Fleet, fire a round into the hinge of a mock door during breach training, Feb. 28, at the grenade house range, here.

News Briefs

Send announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

20 / Tuesday
IMCOM Town Hall — Lt. Gen. Michael Ferriter, commander, Installation Management Command, will offer remarks and field questions at an employee town hall, 1:30-2:15 p.m., March 20, Sgt. Smith Theater, Schofield Barracks.

Medication Turn in — Turn in unused, excess, unwanted, expired or potentially dangerous medications for safe disposal at Tripler Army Medical Center, 8 a.m.-4 p.m., March 20-22. Signage will direct customers to go to the TAMC Outpatient Pharmacy refill window to drop off their medications.

21 / Wednesday
Prayer Breakfast — U.S. Army-Pacific will conduct a National Resiliency Prayer Breakfast for Hawaii-based Soldiers and Department of Defense civilians, 9:30 a.m., March 21, Nehe-lani, Schofield Barracks. Soldiers can contact their unit chaplains for free tickets. Call 655-1204 or email heather.j.simon@us.

army.mil.

Tricare Advisory Council — Tripler Army Medical Center is hosting its quarterly Tricare Hawaii Regional Beneficiary Advisory Council and Healthcare Consumer Committee Meeting, 1 p.m., March 21. For more information and to RSVP, visit <https://einvitationsafit.edu/HCC032112/>.

22 / Thursday
Employee Town Hall — Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, will brief the latest information regarding the command’s manpower situation, plans for realigning excess personnel and Employee Placement Program, 10-11 a.m., March 22, Sgt. Smith Theater, Schofield Barracks, and 2:30-3:30 p.m., March 23, 9th Mission Support Command Assembly Hall, Building 1554, Fort Shafter Flats.

30 / Friday
Education Survey — Deadline is March 30 to complete a Hawaii State Department of Education survey that will help schools set priorities for improving programs and services. Parents whose children are enrolled in grades 4, 5, 7, 8, 9 and 11 are being asked to complete the survey. Email questions to sqs@notes.k12.hi.us or call 733-4008.

Funding cuts impact FMWR

Directorate strives to minimize reduction of on-post services

JACK WIERS

U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD —

Facing a funding reduction of 27 percent, the Directorate of Family and Morale, Welfare and Recreation announced a series of program changes, here, effective April 1.

The changes will result in the reduction of some programs and services offered, the reduction of hours of operation and the reinstatement of

some fees in order to maintain services.

“The funding reductions to some of our programs were significant,” said Michael Amarosa, director of DFMWR.

As part of the strategy, FMWR leaders focused their efforts on identifying redundancies and eliminating duplication of effort internal to FMWR to gain efficiencies.

Numerous courses of action were presented to local commanders for input.

“Our goal was to minimize the impact to the community regarding the

programs and services Family and MWR offers,” said Amarosa.

While hundreds of FMWR programs remain operational, the realignment of services will result in the closing of the Aliamanu Military Reservation Library and the Fort Shafter Arts and Crafts Center.

The geographic challenges of providing duplicate programs for the many installations that comprise U.S. Army Garrison-Hawaii posed a significant challenge, and they required input from senior and subordinate commands.

“Command input was an extremely important part of the process,” said Amarosa.

“We tried our best to continue offering the same type of programming options in both the North and the South. The result for many FMWR patrons will be the need to drive a few extra miles than they have in the past to use FMWR programs and services.”

“It’s important to stress to our community that Family and Morale, Welfare and Recreation remains committed to continue to provide quality programs to our Soldiers and family members.”

FMWR Program Changes

To ensure efficient service deliveries and to maximize use of resources, FMWR will implement program and facility changes, below, that will take effect April 1.

FMWR will continue to provide quality programs and services in support of Soldiers and their family members.

Hours of Operation

Visit the FMWR website for a listing of all hours of operation, facility changes and additional updates at

• himwr.com.



Photos courtesy of FMWR and Hawaii Army Weekly

Local programs such as outdoor recreation, arts and crafts, and libraries will be affected by budget cuts, April 1.

Fort Shafter Physical Fitness Center

Monday-Friday, 5:30 a.m.-8:30 p.m.
Saturday, 7 a.m.-3 p.m.
Sunday, 9 a.m.-4 p.m.
Holidays, closed.

Impact: Reduced operating hours by eight hours a week. Open one-half hour later; close one-half hour earlier each weekday. Close at 3 p.m., Saturdays, but Fort Shafter PFC is now open seven hours on Sundays.

Aliamanu Military Reservation PFC

Monday-Friday, 6 a.m.-2 p.m.
Saturday, Sunday and Holidays, closed.
Impact: Reduced hours by 42 hours a week, since closed Saturday and Sunday.

Helemanu Military Reservation PFC

Monday-Friday, 6 a.m.-2 p.m.
Saturday, Sunday and Holidays, closed.
Impact: Reduced hours by 42 hours a week, since closed Saturday and Sunday.

Schofield Barracks Health & Fitness Center

Monday-Friday, 6 a.m.-7:30 p.m.
Saturday, 7 a.m.-noon
Sunday and Holidays, closed.
Impact: Class fees will be reinstated effective April 1.

Martinez PFC

Monday-Friday, 5 a.m.-9 p.m.
Saturday, 7 a.m.-5 p.m.
Sunday and Holidays, 8 a.m.-4 p.m.
Impact: No changes.

Tripler PFC

Monday-Thursday, 5 a.m.-7:30 p.m.
Friday, 5 a.m.-6 p.m.
Saturday, 10 a.m.-5 p.m.
Sunday and Holidays, closed.
Impact: No changes.

Tripler Pool

Winter hours of operation have been adjusted and will remain in effect until May 2.
Open swim: Monday, Tuesday, Thursday and Friday, 1-5 p.m.
Open swim: Saturday, 11 a.m.-5 p.m.
Sunday and Holidays, closed.
Visit himwr.com for physical training/lap swim hours.
Impact: Open one-half hour later and close one hour earlier, all weekdays.

Richardson Pool

Winter hours of operation have been adjusted and will remain in effect until May 2.
Open swim: Friday, 11 a.m.-5 p.m.
Open swim: Saturday and Sunday, 10 a.m.-5 p.m.
Visit himwr.com for PT/lap swim hours.

Impact: Closed on Tuesdays to the overall community. Open only for PT. Unit augmentation to allow Soldiers’ use for PRT.

Sgt. Yano Library

Monday and Tuesday, 11 a.m.-8 p.m.
Wednesday-Saturday, 11 a.m.-6 p.m.
Sunday and Holidays, closed.
Impact: Closed on Sundays. Library will now open at 11 a.m., all other days. Purchase of DVDs and video games will stop. Spending on periodicals, newspapers and books will be reduced.

Fort Shafter Library

Monday-Thursday, 10 a.m.-6 p.m.
Friday-Sunday, 10 a.m.-4 p.m.
Holidays, closed.
Impact: Expanded hours of operation to support overall South community to seven days per week. Purchase of DVDs and video games will stop. Spending on periodicals, newspapers and books will be reduced.

AMR Library

Impact: Will close effective April 1. Patrons are asked to participate in programs and use services at the Fort Shafter Library.

Outdoor Recreation

Tuesday-Saturday,

9:30 a.m.-5:30 p.m.

Sunday, Monday

and Holidays, closed.

Impact: Closed on Sunday. Reduced hours by six hours a week. Open one hour later and close one hour later, Tuesdays-Saturdays. Equipment can be returned on Tuesday, instead of Sunday, without penalty.

Schofield Barracks Arts & Crafts Center

Wednesday and Thursday, 10 a.m.-6 p.m.

Friday and Saturday, 9 a.m.-4 p.m.

Sunday, Monday and Tuesday, closed.

Impact: Underutilized programs, such as Do It Yourself Framing, Woodshop, ceramics and pottery are discontinued. No changes to the Engraving or Retail Shop, Edge and SKIES programming, bisqueware (finished pottery), quilting, sewing, painting and general arts classes.

Fort Shafter Arts & Crafts Center

Impact: Will close effective April 1. Patrons are asked to participate in programs and use services at the Schofield Arts & Craft Center.





MWR Briefs
Serving America's Army in Hawaii

Today
March Madness — Get free digital access to the NCAA Men's Basketball Tournament for computers, iPhone/iPod Touch, iPad and select Android phones. Register your .mil email address at www.ncaa.com/armedforces and receive access to a unique link to create a 2012 NCAA March Madness LiveT account.
A military email address is not needed for your account, but you do need to use the link to begin. Then, a unique link will be assigned to you and your household.
Once the account is created, login at www.ncaa.com/marchmadness and download NCAA March Madness LiveT apps on iPhone/iPod touch, iPad and select mobile apps. For assistance, email mmllivehelp@turner.com or call (855) 566-5483.

St. Patrick's Day — Celebrate early, 9 p.m., March 16, at the Tropics Warrior Zone, Schofield Barracks. This facility is for patrons 18 and older. Food and beverage specials apply, with no cover charge. Call 655-5698.

17 / Saturday
Stand Up Paddleboard Lessons — Learn to paddleboard with Outdoor Recreation, 7:30 a.m.-1 p.m., March 17. Cost is \$59. Register at 655-0143.

St. Patrick's Day Bowling Special — Come in with a green shirt, and buy one game and get one free, 9 a.m.-5 p.m., March 17, at the Schofield Barracks Bowling Center. One offer per person for the day. Call 655-0573.

Saturday Night Strikes — Play cosmic bowling every third Saturday of the month while listening to DJ Bennie James at the Fort Shafter Bowling Center. Includes food and beverage specials. Call 438-6733.

19 / Monday
Free Hula Classes — The Native Hawaiian Liaison Office, USAG-HI, conducts free hula classes for Soldiers and families. Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m. Call 655-9694 or email nhliaison@gmail.com



community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today
MWR Survey — The Army is currently surveying random members of its communities at 75 garrisons, worldwide, as part of an effort to improve morale, welfare and recreation programs. The survey seeks to identify what customers are interested in, whether they are using available services and, if so, how satisfied they are with the programming their garrison has to offer. See B-3 for more details.

17 / Saturday
Safety Seat Checkup — Safeguard your keiki with a free car safety seat checkup, 9-11:30 a.m., March 17, Schofield Barracks, across the street from the police station on Lyman Road and Flagler Avenue. This preventative inspection is sponsored by the Military Police, Tripler Army Medical Center and the Keiki Injury Prevention Coalition. Call 655-0794 or 433-2842 for more details.

Youth Sailing — Marine Corps Base Hawaii, Kaneohe Bay, will host a Hawaii Youth Sailing Association regatta, 11 a.m., March 17. Register online until noon, March 16, at <http://www.regattanetwork.com>. On-site registration begins at 9 a.m.



Spc. Keith Carpenter, communications and technology specialist, HHC, 8th STB, 8th TSC, and an amateur diver, picks up some trash at Makaha Beach Park during the Dive Against Debris and Beach Cleanup, March 10.

Soldiers volunteer for sandy cleanup

Story and Photo by
SGT. GAELN LOWERS
8th Theater Sustainment Command
Public Affairs

MAKAHA — Soldiers support the community that supports them. This goal was the underlying theme when more than 40 volunteers, comprised of Soldiers, volunteered to support the Dive Against Debris and Beach Cleanup at Makaha Beach Park, here, March 10.

Soldiers participated from the 8th Theater Sustainment Command and the 25th Infantry Division. The event was sponsored by Staff Sgt. Andrew Rudkosky, network controller with Signal Company, Headquarters and Headquarters Battalion, 25th Infantry Division.

Rudkosky was also the main organizer for the day's event; he hosts the scuba site www.MyDive.com.
"A couple of years ago, I got into

diving, and then, more recently, I found the website of the Project Aware Foundation," said Rudkosky, explaining that the foundation was doing its part for the environment. "I wanted to figure out how to get involved."

The Project Aware Foundation is comprised of scuba divers protecting the ocean planet — one dive at a time. The foundation's main concern is underwater conservation, focusing on two major ocean issues: sharks in peril and marine debris.

The volunteers cleaned up hundreds of pounds of trash, rubbish and debris across the 1,500 foot-long beach park.

"As Soldiers, we have to have that volunteer mentality," said Sgt. 1st Class Victor Rivera, platoon sergeant for Sig. Co, HHC, 25th ID. "We're here, and the locals are allowing us to utilize their space, so

we should take care of it for them and for us."

The dive portion of the day was subsequently canceled, due to unfavorable water conditions, but will be rescheduled at a later date.

"I was excited to go diving and clean up the reef, but I'll come back when they reschedule," said Spc. Keith Carpenter, communications and technology specialist, 8th TSC, and an amateur diver. "It's really important to me and my military friends that we get out here and do as much as possible for our ecosystem. We only have one world to live in. We have to take care of it."

"I always enjoy doing what I can for the environment," Carpenter said. "I try to always improve any place that I am, and who can complain about being outside cleaning up here in Hawaii? No one can complain about a day at the beach."

son@gmail.com. Class dates follow:
•Mondays, Kalakaua Community Center, Schofield Barracks.
•Tuesdays, AMR Community Center.

20 / Tuesday
Keiki Book Club — Upcoming meetings for keiki ages 8-12 are March 20 and April 17, Sgt. Yano Library, Schofield Barracks. Call 655-8002 to get the book titles.

21 / Wednesday
Digital Photography — Learn digital photography techniques, 10-11:30 a.m., March 21 and 28, at the Schofield Arts and Crafts Center. Class is \$35; bring your digital camera. Call 655-4202 to register.

Kids \$1.99 Meal — Every Wednesday night, keiki under 10 can eat for \$1.99 at the Kolekole Bar and Grill at Schofield Barracks or

Mulligan's Bar and Grill at Hale Ikena.

Chant Workshop — Sign up for the interactive workshop on Hawaiian chanting, 5:30-7 p.m., March 21, Sgt. Yano Library, Schofield Barracks. The workshop highlights various styles of Hawaiian chanting and voice techniques. To register, call the Native Hawaiian Liaison Office at 655-9694 or email nhliaison@gmail.com.

Calendar abbreviations			
8th TSC: 8th Theater Sustainment Command	AFTB: Army Family Team Building	EFMP: Exceptional Family Member Program	IPC: Island Palm Communities
25th ID: 25th Infantry Division	AMR: Aliamanu Military Reservation	FMWR: Family and Morale, Welfare and Recreation	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
ACS: Army Community Service	BCT: Brigade Combat Team	FRG: family readiness group	TAMC: Tripler Army Medical Center
AFAP: Army Family Action Plan	BSB: Brigade Support Battalion	HMR: Helemano Military Reservation	USAG-HI: U.S. Army Garrison-Hawaii
	Co.: Company		WAAF: Wheeler Army Airfield
	CYSS: Child, Youth and School Services		

worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directories and Support Staff" menu.)

- AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers' Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services
•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass
•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC

•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship
•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study
•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)
•Monday, 6 p.m. at PH (Bible Study)
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Pagan (Wicca)
•Friday, 7 p.m. at MPC Annex

Protestant Worship
•Sunday Services
-9 a.m. at FD, MPC and TAMC chapels
-9 a.m. at WAAF chapel, Lutheran/Episcopalian
-10 a.m. at HMR
-10:30 a.m. at AMR

Single Soldiers' Bible Study
•Wednesday, 11:30 a.m. at SC; lunch is provided.

Worship Service
•Sunday, 6 p.m. at SC.

This Week at the MOVIES

Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.

One for the Money
(PG-13)
Fri., March 16, 7 p.m.



Kung Fu Panda 2
(G)
Sat., March 17, 4 p.m.
Family Matinee Day:
All admissions are \$2.50 for 4 p.m. show.

Chronicle
(PG-13)
Sat., March 17, 7 p.m.

Winnie the Pooh
(G)
Sun., March 18, 2 p.m.

The Grey
(R)
Thurs., March 22, 7 p.m.

No shows on Mondays or Tuesdays.

AFAP recommends solutions for military concerns

ARMY NEWS SERVICE
News Release

ARLINGTON, Va. — Extending the time allotted to invest survivor benefits and granting per diem for families to attend therapy sessions were the top issues requested recently during the Army Family Action Plan, or AFAP, conference.

After four days of workshop discussion, groups presented their top issues to senior Army senior leaders, here.

“I’ve been told, that since 1983, this forum has raised 501 issues that were resolved,” said Gen. Raymond Odierno, Army chief of staff. “Most importantly, 61 percent of those issues went across the entire Department of Defense, so you’re not only helping Army families, you’re helping Air Force families, Marine families, Navy families, Coast Guard families. ... The Air Force has started this (type of forum), as well.”

Four working groups prioritized issues and recommendations in descending order:

- Survivor investment of military death gratuity and Service Members’ Group Life Insurance.

Currently under the Heroes Earning Assist and Relief Tax, or HEART, Act survivors receiving the death gratuity and SGLI funds can place up to the full amount received into a Roth Individual Retirement Account or Coverdell Education Savings Account within 12 months after receipt of funds. The recommendation is to amend the HEART Act to extend the time to 24 months.

- Transportation and per diem for service members’ family to attend family therapy sessions.

Authorize travel and per diem for family

members to attend these sessions as required by behavioral health professionals.

- Department of the Army Form 5893, “Soldier’s Medical Evaluation Board/Physical Evaluation Board Checklist,” language clarification.

Modify Form 5893 to warn of the potential recoupment ramifications when receiving concurrent payments of Department of Veterans Affairs disability pay and Army retirement pay for medically retired veterans.

- Child, Youth and School Services, or CYSS, facility-based programs, one-on-one assistance, and reduced adult/child rations for children with special needs.

Determine the appropriate level of care or staffing ratio in CYSS facility-based programs for children with special needs based on the recommendations of the Special Needs Accommodation Process team.

- Identification card for Gold Star lapel button recipients.

Create a card that provides access to Army installations for people authorized to receive the Gold Star lapel button.

- Commissary; Armed Services Exchange; and Morale, Welfare and Recreation privileges for honorably discharged disabled veterans with 10 percent or greater disability.

Authorize honorably discharged disabled veterans with 10 percent or greater disability for commissary; Exchange; and morale, welfare and recreation benefits.

- Creditable civil service career tenure requirements for federally employed spouses of military service members and civilian federal employees.

Increase the 30-day creditable civil service career tenure requirement break for all federally employed spouses of military service



Vickey Mouze | U.S. Army Garrison-Hawaii Public Affairs

The garrison-level Army Family Action Plan was held, here, Oct. 18-20, 2011, and hosted by U.S. Army Garrison-Hawaii. Delegates reviewed issues and recommendations submitted by community members. Through AFAP, all members of the Army — including active, reserve, and National Guard Soldiers; family members; retirees; surviving spouses; and Army civilians — have a forum to voice concerns to Army leadership and make recommendations for change.

members and civilian federal employees to 180 days after resignation in conjunction with the relocation of their military or federal spouse.

- Retention of wounded, ill and injured service members to minimum retirement requirement.

Authorized service members who have 18-20 years of service to remain on active duty to the minimum retirement requirement and not be separated due to medical reasons.

Hawaii Hydrogen Initiative

While USAG-HI’s local AFAP is scheduled for October, community members don’t have to wait until then to submit issues. To submit an issue, access “Family Programs and Services” and select “Army Family Action Plan Issue Management System” at

- www.myarmyonesource.com.

Worldwide survey seeks feedback of FMWR programs and services

EVAN DYSON

U.S. Army Installation Command

SAN ANTONIO — The Army is currently surveying members of its communities worldwide as part of an effort to improve morale, welfare and recreation programs.

The survey, conducted by the Marketing Research and Analysis Branch of the Family and Morale, Welfare and Recreation Programs directorate, U.S. Army Installation Management Command, seeks to identify what customers

are interested in, whether they are using available services and, if so, how satisfied they are with the programming their garrison has to offer.

The marketing branch will distribute the survey to randomly selected participants at 75 garrisons.

According to project managers, this survey will directly aid garrisons by giving them feedback from their communities.

“The survey is going to give us the informa-

tion we need to make sound business decisions based on customer interest,” said Joseph Rayzor, marketing chief, FMWR Programs.

“There is great value for senior leadership to receive input from the entire Army community,” Rayzor said. “The information from this survey will be used to shape Family and MWR programs and services that support the Army of the future.”

Those selected to participate in the Army FMWR Services

Survey will be contacted by email. Follow-up messages will be sent by postal mail. Survey answers can be submitted online or through traditional means.

The survey will remain open through mid-April.

Results will be analyzed and compiled into a report by late summer 2012.

READ ACROSS AMERICA



Sgt. 1st Class LoNika Harris, first sergeant, 599th Transportation Brigade, reads to children at Wheeler Army Airfield Elementary School during Read Across America Day, March 2.



Photos by Donna Klapakis | 599th Transportation Brigade Public Affairs

WHEELER ARMY AIRFIELD — Staff Sgt. Rufus Brumfield, noncommissioned officer in charge, Command Operations Center, 599th Transportation Brigade, reads to children at the Wheeler Elementary School, here, during Read Across America Day, March 2. The National Education Association's Read Across America, an annual reading motivation and awareness program that calls for every child in every community to celebrate reading, March 2, the birthday of Dr. Seuss, an author of children's books.

Advice for prospective owners includes choosing pets with care

THERESA DONNELLY
Contributing Writer

HONOLULU — Pet overpopulation is a sad reality in the U. S.

Up to 7 million animals enter U.S. shelters every year, according to the American Society for the Prevention of Cruelty to Animals.

Of this number, about 60 percent of dogs and 70 percent of cats are euthanized, and less than 2 percent of cats and 15-20 percent of dogs are returned to their owners, according to the National Council on Pet Population Study and Policy.

Military families on the move should think carefully before taking in an animal to avoid contributing to this problem.

First, take into account your lifestyle and potential commitment to a pet. Are you an active family, with weekend hikes and daily runs, or do you prefer lazy weekends on the couch? Are you home enough to ensure your furry friend will get the exercise, training and attention he or she needs?

An impending overseas move is another consideration. You may not be able to take your pet with you. Many duty stations will only allow shipments of cats and dogs, so a pet rabbit may not be the wisest choice.

And if you plan to live in housing, it's important to study military housing breed bans and pet limit requirements, so you don't end up having to give up an animal because your community doesn't allow it.

As important as evaluating your family circumstances is choosing an ethical location to obtain your pet. Sadly, many pet stores in the U.S. aren't regulated and deny you the opportunity of personally inspecting the home of a responsible breeder.

"The biggest health consequence, because of poor breeding, is shortened life span and premature death," said Amanda Morgan, an Air Force spouse and veterinarian technician. "No one wants to spend thousands of dollars on a pet that will only live a few years. This is why potential buyers should do their research and select the best breeder of their future pet."

A great place to start looking for a "forever" pet is your local animal shelter. Some of these animals are perfectly well behaved and healthy; they were just given up due to an irresponsible owner or one who may have had a family emergency.

However, if you do decide to seek a responsible breeder, ask detailed questions,

such as what breed-specific health testing has been performed and what drove the decision to breed. You also should visit the home of the breeder to see firsthand how the puppies are raised.

The Humane Society at www.humanesociety.org has a checklist of questions to ask when looking for the right animal.

As you consider your options, make sure you're aware of the types of animals that can accompany you on an airplane. Many airlines are prohibiting brachycephalic breeds, also known as snub-nosed dogs, due to their compromised respiratory issues, which have caused deaths in flight.

Just as important as deciding if you can take on a pet and seeking the right location is making sure that animal can go where you go.

While pets can be a wonderful addition to a military family, the decision to have one should be carefully thought out.

Pets depend on us to be their voice and look out for their best interests. By following some of the tips above, we can be sure we are doing right by these family members.



Vickey Mouzé | U.S. Army Garrison-Hawaii Public Affairs

Tatiana (left) and Spc. Aleksandr Boyarko, Troop B, 14th Cavalry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, snuggle with Lira, their 3-year-old Yorkie at "Dog Days of Summer," Aug. 4, 2011, at Schofield Barracks.

Healthy eating strategies encouraged

LT. COL. SANDRA KEELIN
U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — March is National Nutrition Month.

The theme for this year, “Get Your Plate in Shape,” encourages Americans to return to the basics of healthy eating by consuming the recommended amounts of food essential for performance and health.

This year’s theme coincides with the U.S. Department of Agriculture’s MyPlate, which replaced MyPyramid in June 2011. MyPlate is the government’s primary food group symbol and is an easy-to-understand visual cue used to show Americans how to incorporate the recommendations of 2010 Dietary Guidelines into every meal.

MyPlate uses the familiar image of a place setting for a meal to illustrate the five food groups. The plate is divided into four sections (fruits, vegetables, grains and proteins) and includes a glass representing dairy products.

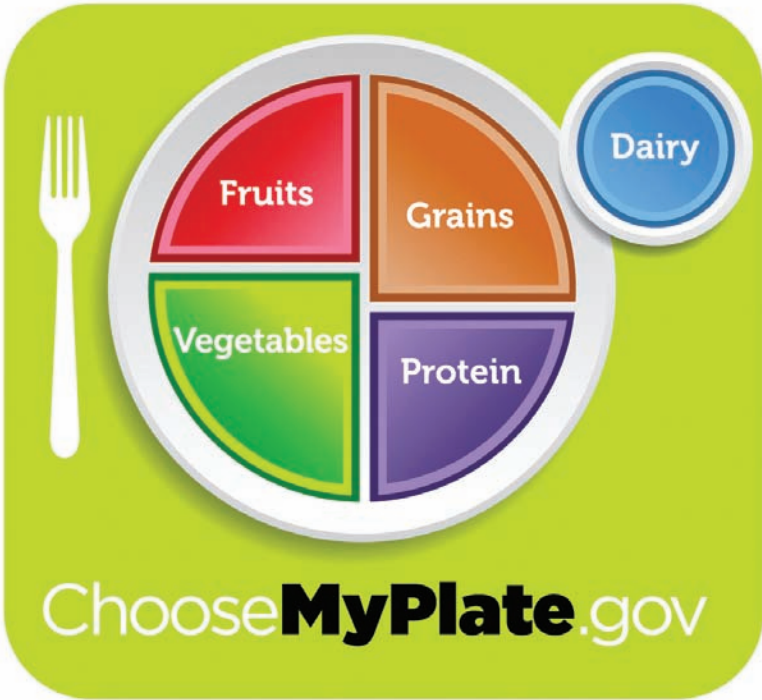
Simple key messages of MyPlate include the following:

- Balance your calories by managing calories in with calories out.
- Enjoy your food, but eat less.
- Eating fast or when distracted may cause you to eat more calories than you need.
- Take the time to fully enjoy your meal by eating slowly.
- Downsize your portion sizes by using a smaller plate, bowl or cup.
- When eating out, choose smaller-sized options, share with a buddy or save part of the meal for later.
- Include physical activity in your daily routine; this too helps you balance calories.

Choose foods to eat more often

Eat foods that are nutrient-rich more often, and make them the basis for meals and snacks. These foods contain health-promoting nutrients, such as potassium, calcium, vitamin D and fiber.

Switch to fat-free or low-fat (1 percent) milk and dairy products. Fill half your plate with a variety of colorful fruits and veggies, to include beans and peas. Make at least half your grains whole grains by switching to whole-wheat bread from white bread or to brown rice instead of white rice.



Photos courtesy of U.S. Department of Agriculture

MyPlate is the government’s primary food group symbol and is an easy-to-understand visual cue used to show Americans how to incorporate the recommendations of 2010 Dietary Guidelines into every meal.



Choose foods to eat less often

Foods that are high in solid fats, added sugars and salt should be used as occasional treats, not everyday foods.

To reduce salt in your diet, use the Nutrition Facts label to compare sodium in foods, and choose lower sodium versions of foods, such as soup, bread, frozen and other convenient foods.

Drink fewer sugar-sweetened beverages, such as soda, energy drinks and sport drinks, which are a major source of added sugar and calories in the



American diet. Consume smaller portions and substitute with water or other unsweetened beverages.

Healthy Eating

To help you get your plate in shape, check out the Super Tracker, an online tool where you can get a personalized nutrition and activity plan. Find the SuperTracker and more information about MyPlate at

- www.ChooseMyPlate.gov.

Balanced diets save health, money

KAY BLAKLEY
Defense Commissary Agency

FORT LEE, Va. — During the month of March, which is National Nutrition Month, the U.S. Department of Agriculture is taking special steps to help folks discover what healthful eating truly means.

One USDA initiative is the MyPlate icon that is a visual cue to remind consumers to make healthful food choices.

MyPlate supports the 2010 Dietary Guidelines for Americans, features the five food groups (fruits, vegetables, grains, protein and dairy) and points users to www.choosemyplate.gov to learn about and apply the guidelines for themselves.

Visit the MyPlate website at www.chosemyplate.gov to see how well you are doing. While you are there, use the SuperTracker feature to see if you are truly on the right track.

Entering all the foods you consume in one day, or even one meal, can uncover some important gaps like empty calories in foods you thought were perfectly fine choices, or point out high sodium levels where you’d least expect them to be lurking.

Make half your plate fruits and vegetables; make half your grains whole; avoid oversized portions; and enjoy your food, but eat less.

A little bit of knowledge goes a long way toward making the majority of your typical plates healthy.

Remember to purchase all your ingredients at the commissary. Saving an average of 32 percent will keep your budget as healthy as your diet.

Participate in Nutrition Month

You’re invited to snap a photo of one of your favorite MyPlate-style breakfasts, lunches or dinners to share with the USDA Flickr Photo Group at www.flickr.com/groups/choosemyplate.

Learn more about MyPlate at www.choosemyplate.gov. Also, find healthy recipes at

- www.commissaries.com.